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The Family Connection

Volume 5, Issue 4



**PARENT & FAMILY
ASSOCIATION**

Questions? Email Us:
family@ufsa.ufl.edu

Important Dates:



Friday, November 18 - GatorNights!

Saturday, November 19 - Florida v. Furman
Football Game (1 p.m.)

Monday, November 21 - Deadline to Drop a Class by College Petition

Thursday, November 24 - Thanksgiving (No Class)

Friday, November 25 - (No Class)

Saturday, November 26 - Florida v. Florida State Football Game

Wednesday, November 30 - Online Family Chat

Thursday, December 1 - DeStress Study Fest Begins

Wednesday, December 7 - Classes End

Thursday and Friday, December 8 and 9 - Reading Days (No Class)

Saturday, December 10 - Final Exams Begin

Saturday, December 17 - Residence Halls Close at 4 p.m.

Thursday, January 5, 2012 - Residence Halls Open at Noon

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Quick Links

Office of the Vice President for
Student Affairs

Career Resource Center

Center for Leadership and Service

Counseling & Wellness Center

Dean of Students Office

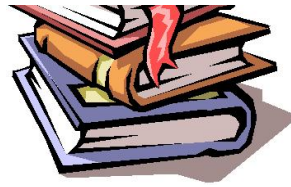
Florida Opportunity Scholars
Program

GatorWell Health Promotion
Services

Deadline to Drop



Monday, November 21 is the deadline for students to drop a fall class by college petition or withdraw from all fall classes without receiving failing grades.



In order to drop individual courses, students must go to their college advising office to find out the specific college procedures and requirements.

If students wish to withdraw from all fall classes, they must contact the Office of the University Registrar.

Housing & Residence Education

J. Wayne Reitz Union

Multicultural & Diversity Affairs

Off Campus Life

Recreational Sports

Student Legal Services



Stress Relief for Your Student

At the end of the semester, students' stress levels can soar with the increased amount of school work as deadlines approach.

Providing them with information and resources to manage their stress is an effective way to ensure their happiness, productivity and well-being is a priority.

Encourage your student to fight off end of year blues, prepare for exams and celebrate the end of another successful year at the De-Stress Study Fest in the J. Wayne Reitz Union. Beginning Thursday, December 1 through the end of the semester students can take advantage of tutoring sessions for select classes or study with a group in any of the open meeting rooms. They can also take a break with free bowling or Zumba classes. There will be free massages and lots of nighttime snacks while the Union stays open 24 hours for the safety and benefit of the students.

Learn more at

<https://www.union.ufl.edu/Resources/DeStressStudyFest>

or check the Gator Parent and Family Association Facebook Fan Page for up to date schedule of events for the De-Stress Study Fest.



Family Chat

UF's online Family Chat program is a great way to stay connected and informed! Join other UF family members and campus representatives for themed bi-monthly chat sessions. These live online sessions are designed to answer your specific questions and promote discussion about UF and common transition concerns you or your UF student may experience.

**Wednesday, November 30
from 5 to 7 p.m.**

Learn more at the [Family Chat Web site.](#)

U Matter, We Care

As members of the Gator Nation we care about one another and proactively reach out to help when needed. The U Matter, We Care initiative was created to give the students the resources to help.

If your student may know someone in distress; it could be their friend, teammate, roommate, or classmate. UF hopes that your student will embrace U Matter, We Care and reach out to those who may need assistance. Please share this information with your student and helping to make a difference and be part of the solution.

If your student comes across someone who may be in distress, encourage him/her to call 352-294-CARE or email umatter@ufl.edu.

Remember, there are more than 50,000 students at UF and not one to spare. Learn more at <http://www.umatter.ufl.edu/>



Free Flu Shots for UF Students

Protect your student and remind them to get a flu shot today. Flu shots from the UF Student Health Care Center are free for currently registered students. Shots are available without an appointment from 8-11:30 a.m. and 1-4 p.m. at the main campus Student Health Care Center location (Infirmary Building, 1 Fletcher Drive) or SHCC@Shands (Health Science Center, Dental Towers, Room D2-49).

There are also outreach clinics, set up on certain days and times at various locations around campus. For more information, including facts about the flu shot, visit <http://shcc.ufl.edu>.



Safety Over Thanksgiving Break

If your student is going home over the holiday break weekend, remind him/her to protect belongings, such as a bike or car, and apartments. Property left alone during an extended period of time can be vulnerable to theft.

Please share with your student these important tips:

1. Don't broadcast plans for travel over Facebook
2. If you know your neighbors, arrange to have mail picked up or consider giving them a spare key in case of emergencies
3. If you are leaving your car, remove all valuables, such as mp3 players from sight.



Free On-Campus Tutoring Available

If your student is anxious

4. Bring your bicycles inside or securely lock them near residence halls.

5. Double check all windows, doors, gates and garage doors to make sure everything is locked and secure.

Learn more online at the [University Police Department Web site](#).

Study Abroad

Study abroad is recognized by UF Academic Affairs as one of five activities that leads to an enhanced university experience. With study abroad, students can become a Global Gator and study in the places they have only read about--while earning credit toward their degree. More than 2,000 UF students studied abroad on six continents last year, so the world is truly at their fingertips.



Start planning ahead for summer 2012, and encourage your student to research all the amazing programs offered at UF. Students can stop by the UF International Center at 170 Hub or visit their Web site at <http://www.abroad.ufic.ufl.edu> for information on their program options. Also the International Center will be hosting an information session on Monday, November 21 from 1:55 p.m. to 2:45 p.m. Students will have the opportunity to learn about different programs and speak with counselors.

about finals, extra help is always available at the Broward Teaching Center. Encourage your student to meet with a tutor early. Tutors are proficient in a broad range of subjects including economics, mathematics, statistics, writing, accounting, Spanish, and physical and biological sciences.

They offer individual tutoring and small group tutoring sessions. For more information visit them [online](#).



RecSports Group Fitness Online Registration

UF RecSports has moved registration for group fitness classes online. Students will no longer have to wait in line before a class or get a number to secure their spot. Participants may visit the [RecSports Web site](#) and register for a class ahead of time

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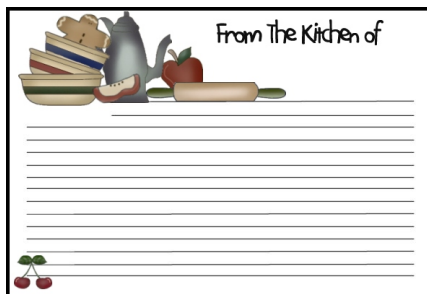
For directions about how to register and a complete list of fitness classes available, please visit the [UF RecSports Web site](#).

Get Involved on Campus

Is your student involved on campus? If not, it is time for him/her to meet with an IDEAL ambassador. IDEAL student ambassadors serve more than 930 student-run organizations on campus and can meet with your student individually to create an unique path of involvement. By engaging in conversation, IDEAL can plug students into specific areas that peak their interests and skills. Every IDEAL member is an experienced consultant and takes an active role in the implementation of IDEAL's services and events



For more information about how your student can meet with an IDEAL ambassador visit their [Web site](#).



Share Your Recipes

Gator Dining Services is having their 1st Annual Flavors from Home dining hall event in Spring 2012, and they want your help. Submit some of your favorite recipes into the contest and the winning dishes will be cooked at the on campus dining hall for the Flavors from Home event. Please send recipes for entrees, side dishes, quick breads, desserts, salads, appetizers - anything you love to make at home and would like to share here at UF.

To submit a recipe, simply email flavorsfromhome@gmail.com with the following information:

1. Your name:
2. Your student's name:
3. Student's UFID #:
4. Student's hometown:
5. Recipe title:
6. How many it serves:
7. Ingredients/quantity of ingredients:
8. Preparation steps:

or repair steps.

Please send in the form by December 31, 2011.

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